

Name: _____

Period: _____

Dietary Guideline #8 Food Safety
Food Safety Study Guide

Directions: Watch the PowerPoint presentation on Food Safety and fill in the blanks.

- The goal to keeping our food safe it to avoid foods that are _____ with harmful :
 - _____
 - Viruses
 - _____
 - Toxins
 - Chemical and Physical Contaminants
- It is estimated that every year _____ million people in the U.S. become ill from _____ food.

Key Recommendations

- _____ hands, food _____ surfaces, and fruits and _____.
- _____ raw, cooked and ready-to-eat foods while _____, preparing, or _____ foods.
- _____ foods to a safe temperature to kill _____.
- Chill (_____) perishable food promptly and _____ foods properly.
- Avoid _____ milk, unpasteurized _____ juices, or eating foods made with _____ eggs.